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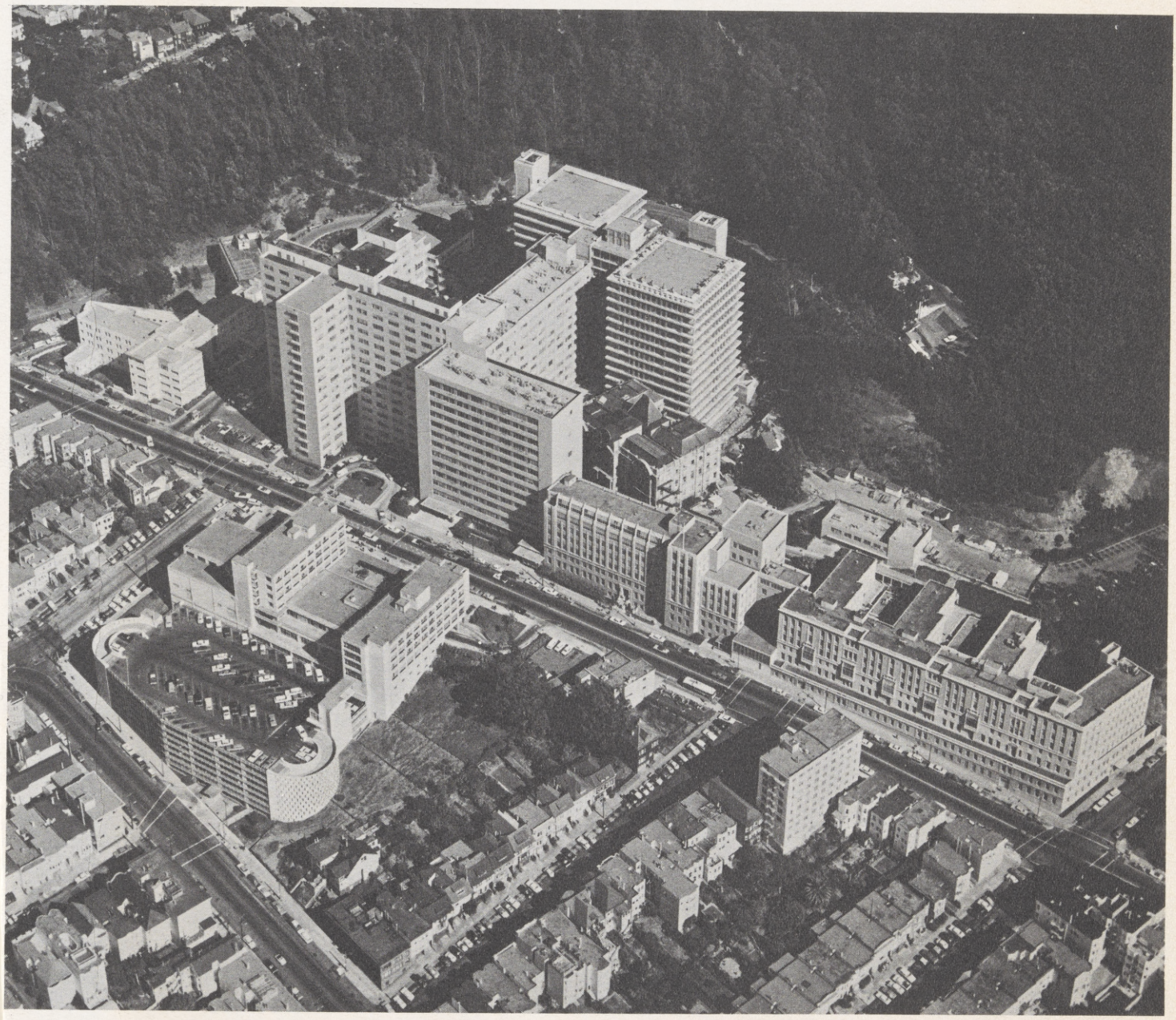
SF Campus . . . a View from the Top



Anchored on Parnassus Heights, University of California San Francisco Medical Center: Left-right, Langley Porter Neuropsychiatric Institute; Moffitt Hospital; Medical Sciences Building; Clinics Building (first low building); University of California Hospital. Rear, Health Sciences Instruction and Research Building. Across the street from Medical Sciences Building, Guy S Millberry Union, student union.

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Mrs. M. Just Wanted to Help Out

Mrs. M.—a woman in her late 50's—was admitted to University of California Hospital as a teaching patient. She recovered and was soon released.

Every Christmastime for the rest of her life, she brought a $10 check to the hospital. She died last year. And last Christmas, her daughter sent a $10 donation.

"I wish to continue this as long as I am able," she wrote. She knew her mother would have wanted it that way.

Donations like Mrs. M.'s are what UC Hospitals administrator Harold Hixson calls "I just want to help" funds. They are not designated for a specific purpose or category of patient. They are just there.

In 1966, University of California Hospitals released $67,000 from donations and endowments to provide patient care and patient amenities. "And five or 10 times that amount could be put to first rate use every year," Hixson says.

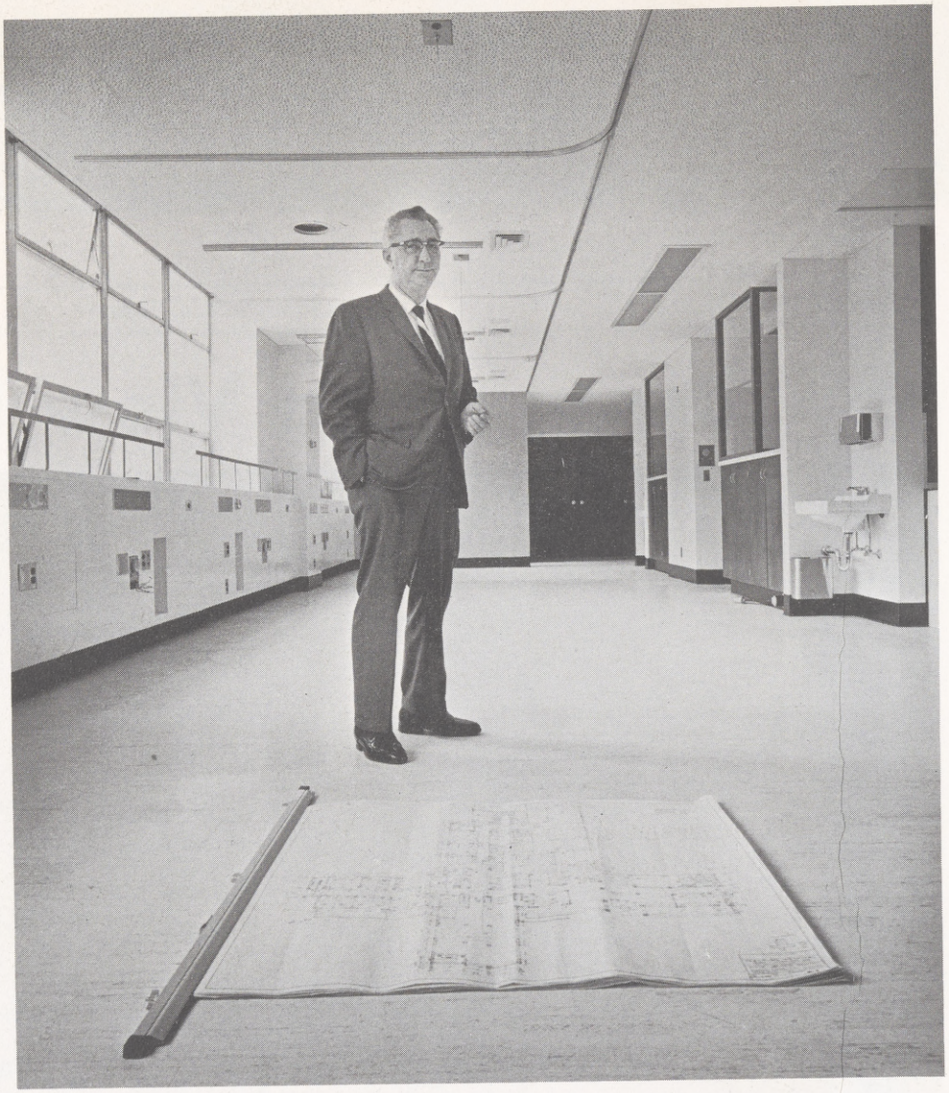
Surprising? He doesn't think so. It is simply a matter of gifts and endowments enabling the hospitals to do "many things we could not normally do."

One of these is to help the patient for whom the catastrophic cost of a long illness could mean extreme hardship.

"These are patients who are self-sufficient to meet ordinary financial expenses," Hixson points out. "But if they have catastrophic medical costs, what can they do? Sell their homes? Sell their automobiles? Wipe out life-long savings?"

These patients make up about 50 percent of the total admitted to UC Hospitals. It's for them that contributed 'patient care funds' are intended. The majority of other patients are those who cannot pay full cost for normal hospitalization and who therefore qualify for support by 'teaching bed' funds.

For all patients "amenities" are important. They mean cheer and a boost in morale. They mean some of the things UC Hospitals Auxiliary provided last year with $10,000 in donations:



Harold Hixson, administrator with a concern for patient care

Prism glasses that permit patients to read or watch TV when they're strung up in traction or flat on their backs; eight ottomans; a play pen and a hi-fi stand; a pool table for the psychiatric unit day room; hair dryers and electric razors; radios and flower vases, a coffee urn and a jungle gym; TV for the fathers' waiting room.

Donations from the auxiliary and individuals make possible a Christmas party for wide-eyed tots in pediatrics and provide transportation to and from the hospital for post discharge patients.

Hixson emphasizes that the hospitals are adequately funded to provide the very best in essential hospital services.

But without funds donated by the auxiliary and by individuals, many important extras in patient comfort and welfare simply could not be provided.

Here is the heart of the matter—concern for the patient, for his emotional as well as physical health. And it's donations like Mrs. M.'s "just want to help" checks that can make all the difference.

UNIVERSITY OF CALIFORNIA
100 YEARS
1868 1968
TRIBUTE TO THE PEOPLE OF CALIFORNIA

Medical Center: Big and Bigger

It has an estimated daily population of nearly 12,000 and sprawls over 106 acres. And it hasn't stopped growing – up or out.

The University of California Medical Center to the average visitor is a complex of buildings linked by webs of hallways. Its hospitals house patients and scurrying platoons of doctors, nurses, aides and volunteers.

It has superb views from the top and staggering parking problems at ground level.

These things are superficial. It's what's happened – and what's happening – that counts.

Unique among campuses because of its focus on health sciences and their relationship to man and his environment, the UC Medical Center in San Francisco is one of the few in the nation to incorporate schools of dentistry, medicine, nursing and pharmacy along with a division for graduate academic study.

About 1700 professionals are on the teaching staff. This year, student enrollment is 2243. By 1977, it will be more than 2800. By 1980, there will be 5600 students and by 1990 – 7500 students.

Boiled down to fundamentals, what goes on – and will go on – are teaching, research and health service. And future researchers have an illustrious record to top. Among the center's contributions to health sciences over the years are:

Discovery of sterilization methods on which modern canning industries are based.

Pioneering applications of chemicals and radioisotopes in controlling cancer.

Broadening understanding and control of Bubonic plague.

Expanding research on blood and advancing the conquest of pernicious anemia; for his role in this, Dr. George Whipple while he was at the center in 1934 won the Nobel Prize along with Minot and Murphy.

Besides controlling disease and exploring every avenue of research, the center has other challenges to face. A growing shortage of physicians, nurses, dentists and pharmacists, for example.

Another challenge is – and must be – expansion of patient services in the UC Hospitals, where 17,000 patients are admitted annually.

In the community, there must be an expansion, too. The UC Medical Center is now taking an active role in helping organize regional and community health centers.

True, the center's daily population is nearly 12,000. And it all started little more than a century ago when a physician named Dr. Hugh Toland gathered 10 physicians and eight students together and opened Toland Medical College.

The Resident has a special interest: radiation therapy.

THE UC MEDICAL CENTER NEWS

The University of California San Francisco Medical Center News *has a brief history for its admissions chart:*

Normal weight – eight pages. Age – indeterminate, depending on whether birth date is judged press time or postmark time.

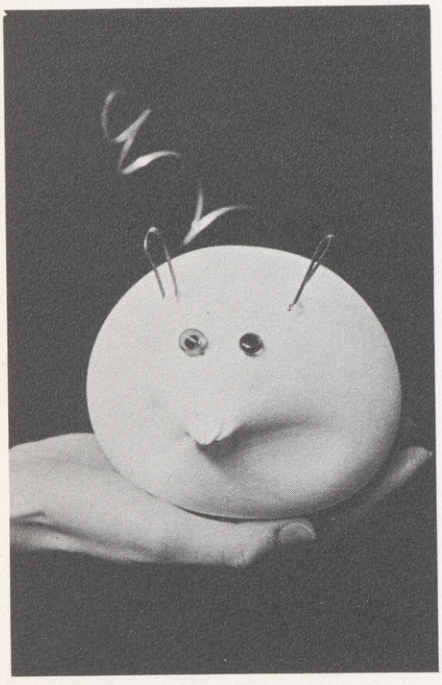
What's more important is prognosis. The News *hopes to bring the community closer to the medical center – and vice versa. That way lies mutual respect and understanding.*

We hope to report on everything that happens at the center that might interest the readers in a community that – as far as UC Medical Center is concerned – stretches across and up and down California

There will be news about public health and research, what's happening in patient care and pediatrics, who won a fellowship or cornered a new virus. That's the kind of news that happens at UC Medical Center.

Edith Catelli Remembers What Loneliness Means

Volunteer Edith Catelli teaches arts and crafts to Galileo High students and hospital patients.



Making a jolly face out of plaster of Paris is something Edith can teach to young and old alike.

Edith Catelli is a winsome young woman with hazel eyes and warm tints in her soft brown hair.

Today, at 24, her skin has a healthy glow. She radiates cheer and charm. Four years ago, a hit-run driver on the Bay Bridge sent her small car smashing into a concrete pillar. When she woke up, she was in the hospital.

"I was flat on my back for a year. I had six operations. I was lonely, almost desperate," Edith remembers.

"My parents came every night, and that was fine. But sometimes you need somebody your own age to talk to."

Her 12 months in a full body cast were agonizing ones for the lively Edith, who'd been a graduate student at UC in Berkeley.

"I couldn't read, but I could paint, and I learned to knit. One of the nurses taught me," and she patted the sweater she was wearing.

The memory of that long year nagged at Edith through several months as a teaching assistant at UC after she'd regained her health. She still remembered through her first semester on the faculty at Galileo High School in San Francisco.

And one afternoon she walked into the office of University of California Hospitals volunteer co-ordinator Sue Carlisle and asked: "What can I do?"

When Mrs. Carlisle discovered that this willing volunteer could not only teach Spanish, French and Italian but arts and crafts as well, she signed her up with a hearty "welcome."

For the past year, Edith has been repaying her debt to loneliness by teaching patients of all ages and both sexes how to fashion flamboyantly colored paper poppies on long wire stems, how to sketch in charcoal and make crayon etchings, how to fill a balloon with plaster of Paris and squeeze and model it into bizarre animal shapes.

"And if people don't want to learn anything, we just talk," says the amiable Miss Catelli.

She makes her rounds "just everywhere" from 5 to 9 p.m. on Fridays, usually returns Sundays to complete instruction on patients' projects. She seldom sees the same face twice.

Why did she choose University of California Hospitals as her volunteer target?

"Beacuse I love the university. I loved being a student there," she says promptly. "Why, when I was in kindergarten, I wore a T-shirt with a big blue UC on it."

What about volunteering? "I enjoy it," she answers emphatically. "I learned a lot from my accident. I learned you make a life for yourself. What goes into it comes back to you.

"That's what I tell my kids at school. Life is like a highway. You take a lane and stick to it. That's the way to happiness. Live each moment to get the most out of it. And it will come back to you."

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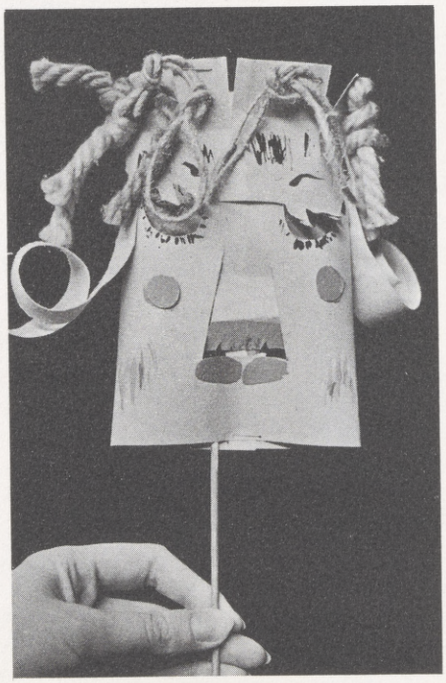


Take a simple paper sack and give it a comic personality with pencil lines and splashes of color.

Some boys "just like to talk," Edith Catelli says, but the patient above wanted to talk – and learn.

Doctors' Wives Install President

Mrs. Antonio Constantini, a member of UC Doctors Wives Association since 1958, is new president of the 440-member organization.

She was installed at the annual luncheon meeting recently at University House at UC Medical Center.

Marie Constantini is an alumna of University of Wisconsin and completed graduate work in zoology at UCLA. She confesses she's never worked extensively in her field because "when you get a taste of the overworked, unpaid volunteer world you feel guilty working for pay."

Also a member of UC Hospitals Auxiliary and now on its board, Mrs. Constantini is serving her sixth year on the board of directors auxiliary of the San Francisco Medical Society.

As a volunteer at UC Hospitals, she's assigned to admitting room and patient welfare services. She's proud of the hospitals' system of providing escort care for new patients. "We deliver them right to the nursing station and then to their room," she says.

She is the wife of an internist. The Constantinis have a son, 13, and daughters, 9 and 12.

A Gift of Time: 28,000 Hours

Pinafore-clad volunteers at University of California Hospitals give 28,000 hours a year to hospital services, according to Volunteer Services co-ordinator Sue Carlisle.

What keeps an average 200 day and evening volunteers so busy? Listen to this:

Writing letters, running errands for patients, reading aloud or feeding them, or just plain visiting.

Staffing the "shop-on-wheels" which brings to the bedside candy, cigarettes, magazines, stamps.

Managing the library cart, from which patients may obtain free loan of books.

Operating the hospital gift shop from 9 a.m. to 8 p.m. daily, assisting as aides and hostesses in admissions.

Providing clerical help in hospital offices and assisting in patient services in radiation therapy, radiology and outpatient clinics.

There are never enough volunteers to fill the demand. Anyone interested in donning the aqua pinafore of the UC Hospitals volunteer worker may obtain information from the Volunteer Office, 666–1196.

Two Fellowships

Chairman of the department of anatomy and a professor of medicine at UC Medical Center have been awarded Guggenheim fellowships this year.

They are Ian Monie, professor of anatomy, whose study is entitled "Congenital Malformations in Man and Other Mammals," and Gilbert S. Gordan, M.D., who will study "Identification of Sterols and Steroids in Blood."

What's Your Story?

What's going on at UC Medical Center? The 'News' wants to report all the news. So give us a line or a call on what's new in your department, your school, your research project.

Please direct all story suggestions to the editor, Eloise Dungan, in the Public Information Office at UC Medical Center, 512 University Hospital, Ext. 2557

If it's new, it deserves notice. If it's a story, speak up and say so. We aim to cover the whole picture–with your help and co-operation.

Bright Colors, Intensive Care

"Some people," said Dr. Morley Singer, "thought I was crazy."

The lanky young anesthesiologist who's head man in UC Medical Center's slick new intensive care unit was talking about colors he chose for decorating the remodeled area.

He selected – not institutional beige or sour apple green – but cheery yellows and pungent pumpkin because he feels color plays an acutely important role in boosting patients' spirits.

Of far more importance, of course, are the sophisticated life-saving electronic aids which can revive a lagging heart beat or perform an automatic cardiac massage, provide lightning quick oxygen mask support or register a patient's heart beat and set up a warning buzz if it goes above or below pre-set limits.

Intensive care, Dr. Singer indicates, means just what it says – continuous observation and treatment. The whole concept of design, staffing and operation is based on establishing an immediate diagnosis and wasting no time in setting up a cure.

Dr. Singer's convictions about designing and equipping an intensive care unit are the result of personal experience – he was head of the old unit at UC for three years – and of a study trip across the United States and to Denmark, Sweden and Germany.

"Scandinavians are the most advanced in operating intensive care units. They got a head start when a polio epidemic struck there a few years back," the 31 year old transplanted Canadian explained.

The Scandinavians, for instance, came up with the idea of steel rails along the walls. Electronic equipment is attached to rails, can be clipped on or off. This eliminates the clutter of carts and mobile machinery at the bedside.

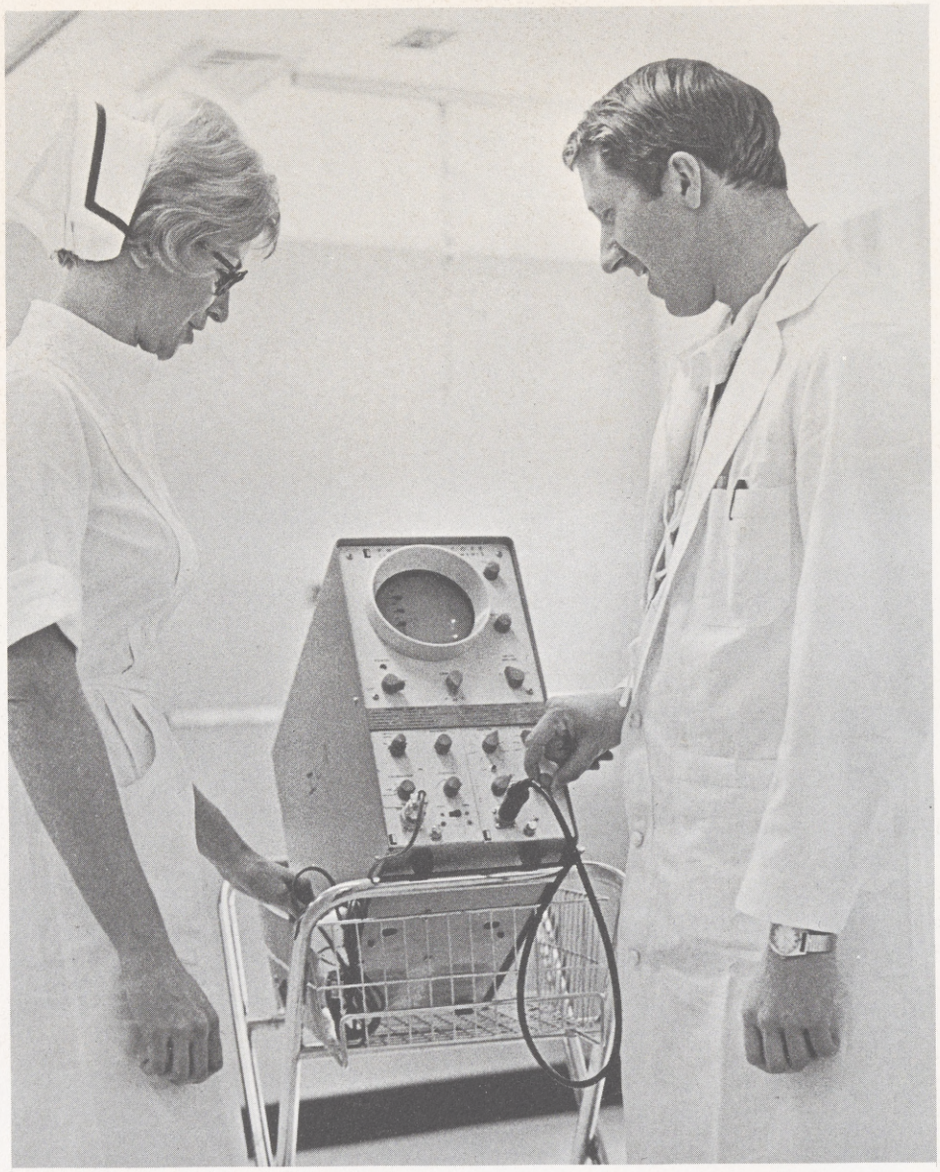
There are 12 beds in the $120,000 remodeled unit, and 10 are visible from the centrally located nursing station. The other two beds are in isolation rooms where television monitors are installed.

When privacy is required, curtains may be pulled around beds in the ward. Between isolation rooms, switch-operated Venetian blinds have been installed between two panes of glass.

"The housewives ought to know about this," Dr. Singer says. "You never have to dust."

Seven nurses are on duty each shift, and help is never more than half a minute from a patient. Two doctors are assigned to the unit each night.

Average stay for a patient is five or six days. Many come in after surgery, but some suffer from chronic lung or respiratory ailments. The latter may stay for weeks.



Part of the Intensive Care Unit team: Dr. Morley Singer and Nurse Doris Wellenkamp

Special Training Program for ICU

Ten states are represented among the 25 nurses enrolled in the Intensive Care Unit training program which opens its third session in June at UC Medical Center.

Sponsored by the School of Nursing under a $40,000 federal grant, the program provides four weeks of lectures, seminars and ICU nursing training. So far, 50 nurses ranging in age from 23 to 60 have completed the class, according to Mrs. H. Mildred McIntyre, project director.

The course is the only one of its kind in the nation and has attracted an overflow of applications. It is open to nurses with administrative or teaching responsibilities in intensive care units.

'You Can't Fool a Child About Love'

The apple-cheeked Chinese girl with the Buster Brown haircut toddled over and climbed wordlessly into his lap.

"Hi," said "Grandfather" Lizzi. The child smiled.

"Children look for love. They know who loves them," said Lizzi, patting the child's raven hair. "You can't fool a child."

White-haired and erect as he nears 70 years of age, Guy Lizzi is one of four foster grandparents assigned to pediatrics in Moffitt Hospital.

Foster grandparents are trained and placed by Family Service Agency and paid $1.60 an hour from Office of Economic Opportunity funds. The program is in operation in several hospitals and Youth Guidance Center.

Lizzi is a retired Baptist minister who had a church in North Beach for 15 years. He has no grandchildren of his own. He's cheerfully called "the Pied Piper" at the hospital because youngsters trail after him wherever he goes.

"I talk to them and play games with them. I give them love. It almost breaks my heart when one of them says 'Grandpa, I want somebody to love,'" Lizzi says with a smile.

About 30 percent of his "grandchildren" speak Spanish. He's taught many of them a few words in English and "how to count up to 10." He's on the job three or four hours a day, five days a week.

"And I never run out of stories," he says proudly.

"Grandmother" Martha Bowman, brisk and petite at 72, also has a wealth of tales and games to amuse tiny patients.

A widow with 10 grandchildren and three great-grandchildren, Mrs. Bowman has been a volunteer at Youth Guidance Center, where she learned about the loneliness of the very young in the dependent children's cottage.

While most children in pediatrics clamor for grandparents' attention, some do not. Mrs. Bowman remembers one unhappy boy who shouted "get out of here" when she walked into the room.

"I will not," Mrs. Bowman countered stoutly. "This is a hospital."

She drew up a chair, sat down and began to read nursery rhymes. In a few minutes, the boy lifted his face to hers and buried his head in her shoulder.

Studies show that the average "grandparent" spends 20 minutes with a child each day. No nurse and no staffer could do the same. Says Audrey Woodson, social group worker in pediatrics:

"We used to have toddlers standing at the gate and wailing when their mothers and fathers left. Not any more. Not with our foster grandparents around."

Chancellor's Message

It is with a great deal of satisfaction that I welcome the **UC Medical Center News** to the San Francisco campus. This publication will fill a long-standing need at the Medical Center, one which will provide news of "what's cooking" at the UC Hospitals and in the four professional schools.

Special thanks should be accorded to the UC Hospitals Auxiliary and the Chairman of their Public Relations Committee, James McCollum, for providing the inspiration and preliminary planning necessary for the successful fruition of this worthwhile venture.

Willard C. Fleming
Chancellor

Be Defensive; It's Safer

Ever hear of defensive driving? It may mean avoiding that sickening crash on a carefree vacation junket to cities or country lanes.

What it means is this, according to safe driving experts: The defensive driver regards every other driver on the road as reckless, drunk or simply stupid.

The defensive driver remembers to do these things:

Stay one car's length back for each 10 miles of speed; in other words, no tail-gating.

Expect the driver ahead of you to jam on his brakes with no warning.

Give clear signals well ahead of the time you slow down to stop.

Look both ways at an intersection approach, and don't count on getting the right of way from the other driver, even though it may be yours.

Defensive driving can apply to other wheeled vehicles as well. With more than 55 million people riding bicycles in the United States, the California State Automobile Association suggests that while cycling may be fun it can also be dangerous.

The novice bicycle rider should remember that 50 pounds of bicycle is nothing like two tons of automobile. A bike is flimsy and hard to control in wind or bad weather. Nor is it equipped with turn signals. A rider must indicate clearly to motorists what he plans to do.

Bicycles are required to obey traffic signals, make full stops at stop signs, give right-of-way to pedestrians, drive on the right – and stay out of playgrounds.

Each bike should fit its rider, and children can outgrow a bicycle in two or three years. There are two tests for size.

First, have the child straddle the crossbar on a boy's model. If the size is correct, he should barely be able to stand flatfooted on the floor.

To make sure the seat is the right height, have the child sit down on it and put his foot on one of the pedals when it is in lowest position. Thigh, leg and ankle should form a straight line.

Hand brakes are popular today but should be reserved for experienced riders. Younger cyclists will be safer with regular coaster brakes that require reverse pedal action and keep the child's weight back over the sprockets instead of over the front wheel.

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Dr. Watson to Speak At Cane Ceremony

Dr. Cecil J. Watson, director of University of Minnesota Unit for Teaching and Research in Internal Medicine, will speak at the Gold Headed Cane ceremony June 9 at 8 p.m. in the gymnasium of Millberry Union.

"Linacre and Locke: Pillars of Medical Humanism" will be the title of Dr. Watson's address.

Highlight of the event will be the award of the gold headed cane to the senior medical student judged by classmates and faculty to have best shown qualities of a "true physician."

The original gold headed cane was an historic symbol in English medicine and was carried by six distinguished British physicians from 1689 through 1825.

The cane is now in the Museum of the Royal College of Physicians in London.

The ceremony was initiated at UC School of Medicine in 1939 by Dr. William J. Kerr, then professor and chairman of the department of medicine.

Volunteer Designs Menu Covers

Cheery new cover designs (left) will soon be brightening up patients' tray menus, thanks to volunteer Edith Catelli, whose story is in this issue of UC Medical Center News.

The talented young arts and crafts teacher recently completed three whimsical cover designs. They will also make their appearance in the hospital coffee shop, where Edith sometimes has a snack in the scant hour between her classroom duties and her volunteer assignments at UC Hospitals every Friday.

The hospitals serve an average of 40,000 dietary meals and 45,000 cafeteria meals every month.

Wives' Art Exhibit

First scheduled event for fall for Doctors' Wives Association is an art exhibit at Millberry Union. Members will show water colors and oils beginning in early October, according to Mrs. Antonio Constantini, new president of the women's organization.